

The *Little Lungs* ASTHMA RESOURCE GUIDE



A Guide to the Management Tools, Medications, Educational
and Community Resources available to Health Professionals
and Parents of Children with Asthma in Los Angeles County.



The *Little Lungs* Asthma Resource Guide

The American Lung Association of Los Angeles County
5858 Wilshire Boulevard, Suite #300
Los Angeles, CA 90036
(323) 935-5864
www.lalung.org

Northeast Valley Health Corporation
1172 N. Maclay Avenue
San Fernando, CA 91340
(818) 1388
www.nevhc.org

This Guide was produced by *Little Lungs*, a partnership between The American Lung Association of Los Angeles County (ALALAC) and Northeast Valley Health Corporation (NEVHC). *Little Lungs* is supported by funds received from the California Children and Families Commission in partnership with the California Department of Health Services.

INTRODUCTION □

To Help Those Who Use This Guide:

This Asthma Resource Guide was developed by the *Little Lungs*, a partnership with American Lung Association of Los Angeles County, and Northwest Valley Health Corporation.

Little Lungs is a community intervention program that uses a coordinated approach to asthma management. It's goal is to improve the management of asthma and the quality of life for children 0 – 5 years of age.

Little Lungs is part of the State of California Childhood Asthma Initiative and is supported by funds received from the California Children and Families Commission in partnership with the California Department of Health Asthma Program.

This Asthma Resource Guide is designed to aid the patient in continuing the educational aspects of your practice. It is intended to increase your awareness of the products, services, and materials available.

The Sections included in the Guide are:

- I. Using medication and management tools: Metered dose inhalers, peak flow meters, spacers, and other control products.
- II. Educational resources and organizations for the Health professional and the asthma patient.
- III. Low or no-cost medication & healthcare programs.
- IV. Medications: What You Should Know.
- V. A listing of Asthma product manufacturers.
- VI. A directory of Asthma related product and supply companies.
- VII. A listing of Clinics in the San Fernando and Santa Clarita Valleys.
- VIII. A listing of Community information related to improvement of lifestyle.
- IX. A listing of info websites.

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We hope that this guide is beneficial to you and the people with asthma that you assist. We have included an Evaluation Form at the end of this guide. Please return it to the American Lung Association of Los Angeles County to aid us in revising, making additions, and making corrections to this document.

For More detailed information on diagnosis and treatment recommendations, we urge you to contact the National Heart, Lung, and Blood Institute for a copy of the *National Asthma Education and Prevention Program*, or go to your website www.nhlbi.nih.gov/guidelines/asthma/index.htm the *Guidelines for the Diagnosis and Management of Asthma* and other clinical reports.

Thank You,

Little Lungs

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USING MEDICATION AND MANGEMENT TOOLS

PEAK FLOW METERS

The Peak Expiratory Flow Rate (PEFR) measures the rate of air that can be forcefully exhaled by a patient. This rate can be easily measured through a Peak Flow Meter to monitor a patient's airway constriction, enabling the physician and patient to carefully control treatment. To be effective, a patient must establish a personal best PEFR by measuring their rate periodically through the day for at least two weeks. Once their personal best rate is established, the relative ease of breathing can be objectively monitored by using the meter. Consistent use of the meter can help both the doctor and patient adapt treatment, recognize triggers, and identify potential attacks before they occur.

How to use a Peak Flow Meter:

(Individual peak flow meters may vary and each comes with directions)-

1. Position the indicator at the bottom of the numbers.
 - a).Take as deep a breath as possible,
 - b).Place the mouthpiece between the teeth,
 - c).Close lips tightly around the mouthpiece and do not block the opening with the tongue.
2. Exhale as hard and as fast as you can, through your mouth into the flow meter.
3. Read the number at the position of the meter.
4. Repeat steps 1 through 3 twice more, and
 - a).record the best reading
 - b).Write down the date, time and reading on a log sheet or on a graph.
5. Determine the- Green Zone (100% to 80% of the user's maximum flow).
Yellow Zone (80% to 50% of the user's maximum flow).
Red Zone (below 50% of the user's maximum flow).
6. Identify a protocol for the patient to follow depending on the zone. For example,
 - a).In the Yellow Zone, they should take their bronchodilator and refrain from exercise.

SOME MANUFACTURERS OF PEAK FLOW METERS AVAILABLE TO YOUR PATIENTS ARE:

Armstrong Industries Inc.

3660 Commercial
Ave.P.O.Box 7
Northbrook, IL 60062
(800) 323-4220 (312) 272-5577
The mini-Wright™

Dey Labs

2751 Corporate Dr.
Napa Valley, CA 94558
(800) 755-5560
Astech™ (prescription needed)
www.deyinc.com

Ferris Medical Inc.

9681 Wagner Rd. P.O.Box 344
Holland, NY 14080
(800) 724-7979 PocketPeak™

HealthScan Products Inc.

908 Pompton Ave.
Cedar Grove, NJ 07009-1292
(973) 857-3414
Respironics, The Assess™,
The Personal Best™

Hollister-Stier Lab

P.O. Box 3145
Spokane, WA 99220-3145
(800) 992-1120
The Vitalograph, Personal
Best™
www.hollisterstier.com

Monaghan Medical Corp.

P.O.Box 2805
Plattsburgh, NY 12901
(800) 833-9653 (518)561-7330
for Los Angeles-
Tri-Anim Health
(800) 874-2646
TruZone™
www.monaghanmed.com

Spirometrics Inc.

415 Rodman Rd.
Auburn, ME 04210
(800) 767-0004
The Spir-o-flow
www.spirometrics.com

HOW TO USE METERED DOSE INHALERS

The technique used with the Metered Dose Inhaler (MDI), is very important, but many people do to use them correctly. Some medications are administered through auto-inhalers which may help people with asthma use MDIs more effectively.

1. Remove cap and hold inhaler with mouthpiece down.

2. Sit or stand up straight.

3. Shake the inhaler well to mix the medicine inside.

4. Breathe out normally.
Do not try to blow out all the air in your lungs.

5. Open your mouth wide and hold the mouthpiece about one inch away. (Practice in front of a mirror)
Try not to put the mouthpiece in your mouth.*
If you need to support the inhaler, you can let it touch your lips.

6. As you start to inhale slowly and deeply, press the top of the inhaler to release the spray.

7. Inhale the spray deeply into your lungs and hold your breath for about ten (10) seconds.

8. Exhale slowly through puckered lips and then continue to breathe as usual.

9. Before taking another puff of medicine, wait at least one (1) minute to let the first puff start to open your airways. This will let the next puff go deeper into your lungs.

10. If extra medicine stays in your mouth or throat, you may have these side effects:
-Increased heart beat, nervousness, shakiness, medicine taste, or throat irritation.
To get rid of extra medicine; rinse/gargle with water.
Do not swallow the water.

* Ask your doctor about prescribing an attachment called a “spacer” or “holding chamber” to use with your inhaler.

-The spacer will allow more medicine to get in your lungs more easily. Be sure to use the same amount of medicine as if you were taking the inhaler without the spacer.
(please see picture)

(CON'T.) HOW TO USE METERED DOSE INHALERS

Always know how much liquid is in your inhaler. You can find out by either:

1. -shaking the inhaler OR
 2. -putting the metal canister in a cup of water to see how well it floats.
(please see picture)
-When the inhaler seems to be half full, refill your prescription to be sure you will have enough medicine for later.
-

SPACERS AND HOLDING CHAMBERS

Spacers are useful delivering medication from Metered Dose Inhalers deep into the lungs. They greatly reduce the amount of medication that ends up setting in the mouth and throat of the patient. For younger patients and those who have difficulty coordinating the spray and inhalation procedure for a metered dose inhaler, the spacer may significantly improve the effectiveness of the medication.

Directions:

Use the medication in the same dosage as with metered dose inhaler alone (Do Not spray more than one puff at a time into the spacer), but place the mouthpiece of the spacer directly in the mouth between the teeth. Follow the directions that come with the spacer about placement of the metered dose inhaler.

SOME COMPANIES THAT HAVE SPACERS/HOLDING CHAMBERS FOR PURCHASE ARE:

AeroChamber™

Forest Pharmaceuticals
764 Treeline Trail
Helena, MT 59601
(800) 678-1605

Azmacort™ (spacer is attached to inhaler)

Aventis Pharmaceuticals
500 Arcola Road
Collegeville, PA 19426
(800) 207-8049 / (908) 231-4000

InspirEase™

Schering-Plough/Key
Pharmaceuticals Corp.
Galloping Hill Road
Kenilworth, NJ 07033
(800) 222-7579 / (908) 298-4000

California Medical Pharmacy

2201 W. Temple
Los Angeles, CA
(231) 483-3736
www.calimed.com

OPtiHaler™

Respironics Corp. - Health Scan
Prods.
41 Cansield Road
Cedar Grove, NJ 07009
(800) 962-1266

COMPRESSORS/NEBULIZERS

Nebulizers are effective in getting medication deep into the patient's lungs. They work by aerosolizing liquid medicine into a fine mist that can be inhaled by the patient. Nebulizers come in electric and battery operated models. Treatment time for a full dose is usually 15 to 25 minutes. Nebulizers are often needed in the treatment of children under 5 years of age, patients who cannot master the techniques necessary for the metered dose inhalers, and those with severe asthma. Many medications that are available in metered dose are also available in liquid form for use in nebulizers.

SOME COMPANIES THAT HAVE NEBULIZERS FOR PURCHASE ARE:

Allergy Store (with DeVilbiss™)

(800) 771-ACHOO[2246]
e.g., Air filters, encasing, dust
mite eliminators
www.allergystore.com
(800) 433-3624

California Medical Pharmacy

2201 W. Temple
Los Angeles, CA
(231) 483-3736
www.calimed.com

Invacare

561 Ternes Ave.
Elyria, Ohio 44035
(877)-877-7955/(805) 527-5656

Trianim Health Services

13170 Telfair Ave.
Sylmar, CA 91342
(800) 874-2646
www.trianim.com

AIR FILTERS

Air purification machines circulate the air in a room periodically and remove potential allergens. Patients may also install air filtering screens in an existing air conditioner to eliminate allergens from the air. The following companies manufacture and/or market air purifiers and filters. Patients may be able to purchase these filters from retail stores close to their home. The most effective type of air filter is a HEPA (High Efficiency Particulate Air) filter. It is able to remove over 99% of particles larger than 3 microns.

SOME AIR FILTERS AVAILABLE TO YOUR PATIENTS:

Air Techniques Inc.
1801 Whitehead Rd.
Baltimore, MD 21207
HEPA filters

Allermed Corp.
P.O. Box 865769
Plano, TX 75086
HEPA filters

Austin Air Systems Limited
701 Seneca St.
Buffalo, NY 14210
(800) 724-8403
HEPA air purifier

Bio Medisphere
565 Commerce St.
Franklin Lakes, NJ 07417
HEPA filters

Control Resource Systems Inc.
670 Mariner Dr.
P.O.Box 421
Michigan City IN 46360
HEPA filtration units

Hi-Tech Filter Corp. of America
80 Myrtle St,
North Quincy, MA 02171
(800) 323 6744
Electrostatic air filters for use in air conditioners.

Honeywell/Envircare
747 Bowman Ave.
Hagerstown, MD 21740
(800) 332-1110
HEPA air filters
Available at many retail stores, Including Target

Micronaire Air Cleaner
Summit Hill Laboratories
429 Highway 36 (APD)
Navesink, NJ 07752

Newtron Products Co.
3874 Virginia Ave. P.O.Box 27175
Cincinnati, OH 45227-0175
(800) 543-9149

Research Products Corp.
P.O.Box 1467
Madison, WI 5301-1467
(608) 257-8801
Air purifiers and humidifiers

Sanitron Electronic Air Cleaners
Durlast Products Corp.
P.O.Box 15869
New Orleans, LA 70175

Vietech Electrostatic Air Cleaner
Vietech Limited
10 Gore St. (APD)
London, Ontario N5W 4A7 - CANADA

DIAGNOSTIC TOOLS

THE FOLLOWING COMPANIES PROVIDE SPIROMETERS AND OTHER PULMONARY TESTING TOOLS FOR USE IN YOUR OFFICE:

Creative Biomedics/L'Vision
934-B Calle Negocio
San Clemente, CA 92673 / (949) 366-2300
DX1 Spirometer and Portable Spirometer, a computer based system. Computer screens and "Birthday cake incentives" available for PFT testings.
Medi-facts Remote Spirometry

Cybermedic/Jaeger
Collins Medical [www.Collins.medical.com]
220 Wood Road
Braintree, MA 02184
(800) 321-9384 / (303) 530-8280
A full line of pulmonary testing products, all IBM compatible.

ALLERGY/ASTHMA CONTROL PRODUCT COMPANIES

Allergy/Asthma control and relief products for use by your patients at home are available from several mail-order supply companies. Retail stores also carry many of these products.

Air Purification of Houston

P.O.Box 69
Bellaire, TX 77402
(800) 853-1188
e.g., Air filters for air conditioners,
air purification machines.

Allergy Control Products

96 Danbury Road
P.O. Box 793
Ridgefield, CT 06877
(800) 422-DUST[3878]
e.g., Encasing, air filters, vacuums,
facemasks, humidity gauges,
books & videos, pet allergy
prods. www.allergycontrol.com

Allergy Store

(800) 771-ACHOO[2246]
e.g., Air filters, encasing, dust mite
eliminators
www.allergystore.com

Allergy Supply Company

11994 Star Court
Herdon, VA 22071
(800) 323 6744
e.g., Air filters, peak flow meters,
spacers, nebulizers, encasing.
www.allergysupply.com

General Physiotherapy Inc.

13222 Lakefront Drive
Earth City (St. Louis), MO 63045
(800) 237-1832 / (314) 291-1442
www.nationalallergysupply.com

National Allergy Supply Inc.

4400 GA Hwy. 120, P.O. Box
1658
Duluth, GA 30316
(800) 522-1448
e.g., Filters, cleaning solutions,
encasings
www.nationalallergy.com

Sears – In local stores or OnLine

e.g., Air cleaning machines
www.sears.com

Target – In local stores

e.g., Air cleaning machines
www.target.com

RESPIRATORY EQUIPMENT SUPPLY COMPANIES

The following is a partial list of local respiratory equipment supply companies. Your patients can purchase or rent compressor/nebulizers, air filters, respirators, and other management tools from these local businesses. For additional companies in your area, consult your local telephone directory. *Some of these companies refurbish and rent used equipment at a lower cost. Several companies also work with patients with financial difficulties*

Abbey Home Healthcare

2314 Santa Monica Blvd.
Santa Monica, CA 90403
(800) 606-677 / (310) 829-1180

AmeriCair

12062 Valley View, Ste.#109
Garden Grove, CA 93065
(800) 433-3624
www.americair.com

American Medical Resource Services

709 E. Cochran St., Ste."A"
Simi Valley, CA 93065
(877) 877-7955 / (805) 527-5656

WishingWell & BayAreaMed.

2302 S. Barrington Ave.
Los Angeles, CA 90064
(310) 829-1777

MediQuip – P.O. Box 93211

City of Industry, CA 91715
(800) 910-RESP[7277]
www.mediquipnet.com Or
www.allerquip.com

Metro Med Respir. Equip.

1701 N. San Fernando Road
Burbank, CA 91504
(800) 660-2590
www.metro-med.com

SRC-Special Respiratory Care

7306 Coldwater Canyon, #10
North Hollywood, CA 91605
(800) 669-5767

LinCare

614 S. Glenwood Place
Burbank, CA 91506
(800) 622-0202 / (818) 846-2200
www.lincare.com

EDUCATIONAL RESOURCES FOR HEALTH PROFESSIONALS

Many publications are available to help you in diagnosing and treating your asthma patients. We recommend that you contact the following offices and websites for more information.

1. American Academy of Pediatrics

141N. Westpoint Blvd.
Elk Grove Village, IL 60007
(847) 228-5005

www.aap.org

2. American Association for Respiratory Care

11030 Ables Lane
Dallas TX 75229-4593
(972) 243-2272

- ◆ Publishes two scientific journals about respiratory diseases available in most libraries

www.aarc.org

3. American Lung Association

5858 Wilshire Blvd., Suite 300
Los Angeles, CA 90036
(800) Lung-USA [tollfree # for your region]
(323) 935-5864

- ◆ Facts About Asthma
- ◆ Information on Peak Flow Meters
- ◆ Literature, education, activities; for adults, teens and children with moderate to severe asthma.

www.lalung.org

4. Asthma and Allergy Foundation of America

5900 Wilshire Blvd., Ste.2330
Los Angeles, CA 90036

- ◆ (800) 624-0044 / (323) 937-7836
- ◆ (800) 7-ASTHMA

www.aafasocal.com

5. Boehringer Ingerlhelm Pharmaceuticals Inc.

Kathryn Lucas, Mgr. Medical Edu.
900 Ridgebury Rd. (203) 798-4050
P.O. BOX 368 (800) 344-4095
Ridgefield, CT 06877

(Boehringer Ingerlhelm Pharmaceuticals Inc.)

- ◆ The company has many programs available to promote physician education, including Computer learning and Seminars.

6. California Thoracic Society

202 Fashion Lane, Ste.219
Tustin, CA 92780 (714) 730-1944

- ◆ American Journal of Respiratory and Critical Care Medicine

www.thoracic.org/ca.html

7. National Asthma Edu. and Prevention Prgm.

National Heart, Lung and Blood Institute
Information Center – P.O. Box 30105
Bethesda, MD 20824-0105
(301) 592-8573 / (301) 496-4236

- ◆ Asthma Mgmt. Kit for Clinicians
- ◆ Asthma Mgmt. Kit for Emergency Rooms
- ◆ Asthma Memo; a monthly Newsletter

www.nhlbi.nih.gov/index

8. National Jewish Medicine & Research Center

(800) 222-LUNG [5864]
1400 Jackson Street
Denver, CO 80206
(800) 423-8891 x7700 -for medical education
(800) 423-8891 x1079 –for patient education
(800) 552-5864 / *Lung Facts* 24 hr. info line

- ◆ Use of and NDI with Aerochamber for small children. www.nationaljewish.org

9. 3M Pharmaceuticals

275-3W-01 3M Center
St. Paul, MN 55144
(800) 328-0255

- ◆ Slide presentation on Maxair Autohaler
www.3m.com

EDUCATIONAL RESOURCES FOR ASTHMA PATIENTS

Many organizations and pharmaceutical companies publish pamphlets and videos that patients & family may find useful. The following list is a sample of what each group offers. Call to inquire about and order current information.

1. Allergy and Asthma Network/Mothers of Asthmatics

2751 Prosperity Ave., Suite 150
Fairfax, VA 22031

- ◆ Publishes the monthly MA Report, distributes books, videos, and educational. Materials.
- ◆ (800) 878-4403
www.aanma.org

2. Allergy Control Products Inc.

96 Danbury road
Ridgefield, CT 06877

- ◆ (800) 422-DUST[3878]
- ◆ House Dust Allergy (VIDEO)
www.allergy.com

3. American Academy of Allergy, Asthma and Immunology

611 E. Wells St. (800) 822-2762
Milwaukee, WI 53202

- ◆ Tips to Remember: A series of pamphlets.
- ◆ Asthma and Allergy Advocate Newsletter
- ◆ Helpful Hints fro the Allergic Patient
www.aaaai.org

4. American College of Allergy, Asthma and Immunology

85 West Algonquin Rd., Suite 550
Arlington, IL 60005 (800) 842-7777

- ◆ Advise from your Allergist
www.allergy.mcgr.edu

**5. American Lung Association
5858 Wilshire Blvd., Suite 300
Los Angeles, CA 90036**

- ◆ (800) Lung-USA [tollfree # for your region]
(323) 935-5864
- ◆ Facts About Asthma
- ◆ Information on Peak Flow Meters
- ◆ Literature, education, activities; for adults, teens and children with moderate to severe asthma.
www.lalung.org www.lungusa.org

6. Asthma and Allergy Foundation of America

5900 Wilshire Blvd., Ste.2330
Los Angeles, CA 90036
(800) 624-0044 / (323) 937-7836
(800) 7-ASTHMA
www.aafasocal.com

7. Environmental Protection Agency

Outdoor Air Quality Information

- ◆ (800) 490-9198
Indoor Air Quality Information
- ◆ (800) 438-4318
P.O. Box 37133 - Washington, DC 20013
www.epa.gov

8. Geneva Pharmaceuticals

2555 W. Midway
P.O. BOX 446 (303) 466-2400
Broomfield, CO 80038

- ◆ Straight Talk About Generic Drugs
(800-525-8747
www.geneva.rx.com

9. National Asthma Edu. and Prevention Prgm.

National Heart, Lung and Blood Institute
Information Center – P.O. Box 30105
Bethesda, MD 20824-0105
(301) 592-8573 / (301) 496-4236

- ◆ Asthma Mgmt. Kit for Clinicians
- ◆ Asthma Mgmt. Kit for Emergency Rooms
- ◆ Asthma Memo; a monthly Newsletter
www.nhlbi.nih.gov/index

10. National Jewish Medicine & Research Center

(800) 222-LUNG [5864]
1400 Jackson Street
Denver, CO 80206
(800) 423-8891 x7700 -for medical education
(800) 423-8891 x1079 –for patient education
(800) 552-5864 / *Lung Facts* 24 hr. info line
◆ Use of and NDI with Aerochamber for small children. www.nationaljewish.org

(con't.) EDUCATIONAL RESOURCES FOR ASTHMA PATIENTS

NOTES

11. Pedipress Inc.

2125 Red Gate Lane
Amherst, MA 01002

- ◆ (800) 344-5864
- ◆ Asthma Charts & Forms
www.pedipress.com

12. Schering Plough Key Pharmaceutical

Galloping Hill Road
Kenilworth, NJ 07033
(908) 298-4000 / (800) 222-7579

- ◆ "Allergy PTA/Kids and Allergy" (VIDEO)
- ◆ (888) 793-7253 ext.#3
www.schering-plough.com

13. South Coast Air Quality Management Dist.

- ◆ (800) 288-7664 [CUT SMOG]
- ◆ Information on clean air, many pieces
multilingual.
www.aqmd.gov

16. AstraZeneca Inc

1800 Concord Pike
Wilmington, DE 19850-5438

- ◆ (800) 456-5678
- ◆ Managing Myself: Learning to Live Well with
Asthma (VIDEO)
www.astrazeneca.com

More detailed books on asthma are also available
in bookstores & libraries, and through many of the
companies listed in this Guide.

LOW OR NO COST MEDICATION PROGRAMS

Many pharmaceutical companies will provide free or discounted medication to patients who are unable to pay for them. To enroll in these programs, the patient's Healthcare Provider or Social Worker must contact the company for an application, return it with the prescription, and provide proof that the patient is unable to pay.

The Pharmaceutical Research and Manufacturers of America have published a listing of ALL Companies with patient assistance programs. For this listing: [download] www.phrma.gov.

Call: (800)762-4636

**Write: PhRMA, 1100 15th St. NW
Washington, DC 20005**

The following are Southern California programs available to assist with low income needs for health care.

DISCOUNT PROGRAMS

1. AARP/Pharmacy

- ◆ Prescriptions & no prescriptions at lower cost by mail. Service not limited to AARP members.
(800)456-2277

2. Access for Infants/Mothers [AIM]

Calif. Major Risk Medical Ins. Board
P.O.Box 15248 – Los Angeles, CA 90015
(800) 433-2611

- ◆ Low cost prenatal health insurance.

6. Altamed Medical Group

500 Citadel Dr., Ste.490
Los Angeles, CA 90040
(323) 725-8751

- ◆ No one denied service. Many locations.

3. Asthma Info & Referral Line

(800)822-2762 [24 hrs.]

- ◆ Referral to specialist in your zip code area.

4. Child Health/Disability Prevention Prgm.

Admin. Ofc. – 9320 Telstar Ave.
El Monte, CA 91731

- ◆ Free for babies, children and teens
(800) 993-2437

5. Clinica Para Las Americas

318 S. Alvarado St.
Los Angeles, CA 90057
(213) 484-8434

- ◆ Accepts Free Clinic. Spanish spoken

6. Altamed Medical Group

500 Citadel Dr., Ste.490
Los Angeles, CA 90040
(323) 725-8751

- ◆ No one denied service. Many locations.

7. Northeast Valley Health corp.

Canoga Park (818) 340-3570
Pacoima Clinic (818) 896-0531 [25 hrs.]
Panorama City (818) 988-6335
San Fernando (818) 365-8086
Valencia (661) 287-1551

- ◆ These branches have a fee from:

- Sliding scale to free

- ◆ Spanish spoken

8. Pacoima Health Center

13300 Van Nuys Blvd.
Pacoima, CA 91331
(818) 896-1903

- ◆ Services available M-F. Call for appt.
- ◆ For more Los Angeles Public Health listings:
www.lapublichealth.org

9. Samuel Dixon Family Health Center

30257 San Martinez Rd.
Val Verde, CA 91384
(661) 257-4008

- ◆ Serves the Santa Clarita Valley

MEDICATIONS

The medications used to treat asthma may be mysterious or confusing to your patients. The following section includes some information you may wish to share with your patients about the various medications. Before leaving your office, your patients should be able to answer the following questions for each type of medication prescribed.**

What You Should Know

1. **What is the name of the drug and what is it supposed to do (Bronchodilator or Anti-inflammatory)?**
2. **How is it administered most effectively (pill, liquid, nebulizer, MDI)?**
3. **Exactly how much, when and for how long should it be taken?**
4. **What are the possible side effects?**
 - a). **What can be done about them?**
 - b). **Which side effects should be reported to the doctor?**
5. **How long does it take for the medicine to start working?**
 - a). **For how long will it work?**
6. **What should be done if it does not seem to be working?**
7. **Are there other medicines or foods that should be avoided while taking these asthma medications?**
8. **Should the drug be taken before, with or after meals?**
9. **Why are some medicines *taken daily* and some *only as needed*; (medicine for prevention vs. medicine for acute attacks)?**
10. **What is meant by *taking medicines as needed* ?**
 - a). **What indicates the need?**
 - b). **How do *as needed medicines* differ from preventive?**
 - c). **What is the maximum amount I can take?**
 - d). **When should I discontinue this additional medication?**
11. **Is there a generic form of this drug?**

** Adapted from U.S. Department of Health and Human Services: *Living With Asthma*

INFORMATION FOR THE HOME

This page is to help you make decisions about improvements for your home environment and lifestyle, and is focused on the Southern California region. Some toll-free numbers may only be used in the area-code of their location. There are more listings by Organization/Association/Agency name in local phone books.

<u>PETS & ANIMALS</u>	<u>HAZARDOUS MATERIALS</u> (HazMat)	<u>COMPLIANCE</u>
<p>SPCA-Los Angeles (323)730-5300 www.spcala.com</p> <p>Veterinary Public Health <i>FOR: North, South, East & West</i> <i>-County areas-</i> (888) 452-7381</p> <p><i>-FOR: Saugus area</i> (805) 257-3191</p> <p><i>-FOR: Agoura area-</i> (818) 991-0071</p> <p>www.lapublichealth.org/vet/reports/vetshelt.htm</p> <p>Dead Animal Pickup (Sanitation) (800) 773-2489</p>	<p>Los Angeles County Public Works ♦ For pickup of Household Hazardous Waste Inclgd. the deposal of motor oil (800) 238-0173 - (HHW events) www.lacsd.org</p> <p>(888)CLEAN LA [253-2652] www.888CleanLA.com</p> <p>Los Angeles Bureau of Sanitation (800)-98-TOXIC [988-6942]</p> <p><u>HEAT/HUMIDITY REPORT</u> Report #Z-52, August 4, 1998 ♦ "Guidelines For Preventing Heat Stress" (213)554-1212</p> <p><u>POLLEN COUNT</u> Allergy & Asthma Foundation of America (800) 624-0004</p> <p><u>AIR POLLUTION</u> (800) CUT-SMOG [288-7664]</p> <p><u>Daily Local Newspaper</u> Check the newspaper for the daily forecast of air quality.</p> <p><u>Indoor Air Quality (EPA)</u> En Español (800) SALUD-12 [725-8312]</p>	<p>♦ Municipal Code enforcement for residents to report violations or nuisances during & after normal business hours- (24/7), Eng./Span.</p> <p>City of Burbank <u>HOTLINE (818) 238-5283</u></p> <p>City of Glendale <u>HOTLINE (818) 548-3700</u></p> <p>City of San Fernando <u>HOTLINE (818) 898-7315</u></p> <p>City of Santa Clarita <u>HOTLINE (661) 286-4076</u></p> <p><u>COMMUNITY ADVOCATE</u> Pueblo Y Salud, Inc. ♦ Serves the Latino community in Los Angeles County. (818) 837-2272 www.pys.com</p> <p>Pacoima Beautiful ♦ Pacoima beautification project (818) 899-2454 ♦ Community Inspectors</p> <p><u>FOSTER CARE</u> Children's Bureau of S. Calif. 338 N. Vermont Ave. L.A.,CA 90004 (323) 644-3900</p> <p><u>ADOPTION</u> L.A. County Children and Family Services Adoptions Div. 695 S. Vermont Ave. L.A.,CA 90005 (800)540-4000 (213)738-4577</p>

(CON'T) INFORMATION FOR THE HOME

CHILD CARE

Child Care Resource Center

16650 Sherman Way
Van Nuys, CA 91406
(818)756-3360

- ◆ Referrals in the San Fernando Valley.

LA Best

- ◆ LAUSD after school Program. On school days until 6:00pm
(213) 625-4024

KYDS

(Keep Youth Doing Something)

6740 Kester Ave., Suite 200
Van Nuys, CA 91405

- ◆ Provides co-ed sports & activities for at-risk youth.
(818)-908-2029

Parent Hotline

(800) 933-8133

BATTERED PERSONS

Child Abuse Hotline

(800) 540-4000

PREVENTION-(800) 4-A-Child
[422-4453]

Domestic Violence/Abuse

(800) 978-3600

24 hour- (818) 887-6589

- ◆ *Hotline for shelter*

Women's Crisis Hotline

(bilingual)

(800) 548-2722

COUSELING

El Centro De Amistad

556 S. Brand Blvd., San Fernando
(818) 898-0223
21044 Sherman Way, Ste. 101
Canoga Park
(818) 347-8565

Valley Family Center

302 S. Brand Blvd., San Fernando
(818) 365-8588

CLOTHING

Operation School Bell

13460 N. St. Andrews Pl.
Hollywood, CA 90028

- ◆ The Assistance League of Southern Calif. Serves needy children by providing clothes, shoes & personal hygiene kits
(323) 469-6017

Center Clothes Corner

14603 Hamlin St.

Van Nuys, CA 91411

9AM to 2PM/ Monday-Thursday

- ◆ The Volunteer League of the San Fernando Valley provides needy children with clothes.
(818) 785-4134

FOOD

INTERFAITH FOOD PANTRY

10824 Topanga Canyon Blvd.
(818) 718-6460
Chatsworth, CA 91311

WIC Program (Women, Infants and Children)

Northeast Valley Health Corp.
Sylmar, CA 91392

(818) 361-7541

Main Switchboard (con't.)

Main Switchboard Locations

- ◆ Canoga Park
- ◆ Pacoima
- ◆ San Fernando
- ◆ Valencia
- ◆ Van Nuys

SHELTERS

Haven Hills (24 hrs.)

260 Canoga Park (office), 91303
(818) 887-6589 / (818) 887-7481

- ◆ Shelter and on-site school for women & children.

Didi Hirsh Shelter/Pacoima

(818) 897-2609

Safe Way Out

(800) 978-3600

ADDITIONAL

LOCAL AND COMMUNITY CLINICS

Los Angeles Dept. of Health Services/Clinics www.lapublichealth.org

Burbank Health Center
1101 W. Magnolia Blvd.
Burbank, CA 91501
(818) 557-3501

El Proyecto Del Barrio
8901 Woodman Ave.
Arleta, CA 91331
(818) 830-7181

Glendale Health Center
501 N. Glendale Ave.
Glendale, CA 91206
(818) 500-5760

**M.E.N.D.
(Meet Each Need With Dignity)**
13460 Van Nuys Blvd.
Pacoima, CA 91331
(818)897-2443

**Mid-Valley Comprehensive
Health Care**
7515 Van Nuys Blvd.
Van Nuys, CA 91405
(818) 947-4000

Northeast Valley Health corp.
Canoga Park (818) 340-3570
Pacoima Clinic (818) 896-0531
[24 hrs.]
Panorama City (818) 988-6335
San Fernando (818) 365-8086
Valencia (661) 287-1551

North Hollywood Health Cntr.
5300 Tujunga Ave.
N. Hollywood., CA 91601
(818) 766-3981

San Fernando Health Center
1212 Pico St,
San Fernando, CA 913402
(818)837-6969

Tujunga Health Center
7747 Foothill Blvd.
Tujunga, CA 91042
(818) 352-1417

ValleyCare Referral Center
(818) 364-3610

Valley Community Clinic
5648 Vineland Ave.
N. Hollywood, CA 91601
(818) 763-8836

HELPFUL INFORMATION WEBSITES

These websites are respiratory and pulmonary related. They all have Links to more information. More detailed information you may need, is also within the pages of the websites.

**Allergy & Asthma Network
Mothers of Asthmatics**
www.aanma.org
(800) 878-4403

American Lung Association
www.lungusa.org
www.lalung.org
(800)Lung-USA [586-4872]
For your local region

**Asthma and Allergy Foundation
of America**
www.aafa.org (800) 624-0044

The Food Allergy Network
www.foodallergy.com
(800) 929-4040

**Healthy Kids: The Key To
Basics**
www.healthy-kids.info/detail.lasso

Pedipress Asthma Publications
www.pedipress.com
(800) 207-8049

**U.S. Environmental Protection
Agency (EPA)**
www.epa.gov/asthma
www.epa.gov/iaq/espanol.html#asma



5858 Wilshire Boulevard, Suite 300 · P.O. Box 36926
Los Angeles, California 90036-0926
(323) 935-5864
Fax (323) 935-1873

ASTHMA LITERATURE

Literature on ASTHMA and related topics available from the American Lung Association of Los Angeles County

Facts About Asthma

Información Acerca del...Asma

How to Use Your Inhaler

Como Usar Su Inhalador

Teens and Asthma: What you really need to know

Facts About Peak Flow Meters

Asthma At My Age?

Using Medication Wisely

Childhood Asthma: A Matter of Control

The Asthma Handbook

Home Control of Allergies and Asthma

Asthma Alert(s)-

For School: **-Administrators**
 -School Nurses
 -Teachers

Literature on Clean Air, COPD, Smoking, Tuberculosis, and other lung health topics are also available through the Association office. For more information, call (323) 935-5864.

CONSUMER INFORMATION

A

Abatement Technologies, Inc.

2220 Northmont Pkwy., Suite 100
Duluth, GA 30096
(800) 634-9091
(770) 689-2600 / Fax [2601]
www.abarement.com

Abbott Laboratories

100 Abbott Park Rd.
Abbott Park, IL 60064
(800) 255-5162
www.abbott.com

Airsep Corporation

401 Creekside Dr.
Buffalo, NY 14228
(800) 874-0202
(716) 619-0202 / Fax [0194]
www.airsep.com/madical/prod_medical.htm

Alcon Laboratories, Inc.

6201 South Freeway
Ft. Worth, TX 76134
(800) 451-3937

(817) 293-0450 / Fax (800) 777-27799
www.alconlabs.com

Allergan, Inc.

2525 Dupont Dr., P.O. Box 19534
Irvine, CA 92623
(714) 264-4500
www.allergan.com

Allergy Asthma Technology

8824 Lehigh Ave.
Morton Grove, IL 60053
(800) 621-5545 / Fax (847) 966-3068
www.allergyasthmatech.com

Allergy Clean Environments

96 Danbury Rd.
Ridgefield, CT 06877
(800) 861-57
www.allergyclean.com

Allerpet, Inc.

P.O. Box 2220, Lenox Hill Station
New York, NY 10021
(212) 861-1134 / Fax (212) 472-6578
www.allerpet.com

Allersearch Laboratories

714 W. Park Ave.
Oakhurst, NJ 07755
(800) 686-6483
(732) 531-7830 / Fax [7160]
www.allersearch.com

American Allergy Supply

P.O. Box 722022
Houston, TX 77272
(800) 321-1096
www.americanallergy.com

American Environmental Health Foundation

8345 Walnut Hill Ln., Suite 225
Dallas, TX 75231
(800) 428-2343
(214) 361-9515 / Fax [2534]

Association of Home Appliance Manufacturers

1111- 19th St. NW, Suite 402
Washington, DC 20036
(202) 872-5955 / Fax [9354]
www.aham.org

(CON'T.) CONSUMER INFORMATION

AstraZeneca Pharmaceuticals, Inc.

1800 Concord Pike
Wilmington, DE 1950
(800) 842-9920

www.astrazeneca.com

Aventis Pharmaceuticals, Inc.

300 Somerset corporate Blvd.
P.O.Box 6977
Bridgewater, NJ 08807
(800)981-2491 / Fax (908) 243-7402

www.aventispharma-us.com

B

Boehringer Ingelheim

Aventis Pharmaceuticals

990 Ridgeburg Rd., P.O. Box 368
Ridgefield, CT 06877
(800) 542-6257 / Phone (203) 798-9988

C

Centers for Disease Control and Prevention

1600 Clifton Rd.
Atlanta, GA 30333
(800) 311-3455 / Phone (404) 639-3311

www.cdc.gov

E

Easy Breathin' Group

21804 Belshire Ave.
Hawaiian Gardens, CA 90716
(877) 906-0999
(562) 421-5234 / Fax [5236]

www.aller-rx.com

Ecology works, Inc.

P.O.Box 9067
San Rafael, CA 94912
(888) 353-2649
(415) 459-4003 / Fax [3924]

www.ecologyworks.com

F

Ferraris Medical, Inc.

4 Centre Dr.
Orchard Park, NY 14127
(800) 205-7187
(716) 667-0100 / Fax [0200]

www.ferrismedicalusa.com

Filter Market

41340 Pear Street, Suite 10
Murrieta, CA 92562
(877) 94-FILTR (943-4587)

www.filtermarket.com

Forest Laboratories, Inc.

13600 Shoreline Dr.
St Louis, Mo 63045
(800) 678-1605

www.forestlaboratories.com

G

GlaxoSmithKline

5 Moore Dr., P.O.Box 13398
Research Triangle Park, NC 27709
(888) 825-5249

www.igreathe.com

(CON'T) CONSUMER INFORMATION

H

Hamilton Beach/Proctor-Silex, Inc.

234 Springs Rd.
Washington, NC 27889
(800) 851-8900

Healthy Kids: The Key to Basics

79 Elmore St.
Newton, MA 02159
(617) 965-9637
www.healthy-kids.info

Heart of Vermont

131 S. Main St., P.O.Box 612
Barre, VT 05641
(800) 639-4123
(802) 476-3098 / Fax [5395]
www.heartcfvermont.com

Hollister-Stier Laboratories, LLC.

P.O.Box 3145
Spokane, WA 99220
(800) 992-1120
(509) 489-5656 / Fax (800) 752-6258
www.hollister.com

HomeAid.Com (Medical supplies)

P.O.Box 801764
Santa Clarita, CA 91380
(888) 279-9109
(661) 294-9509 / Fax [9837]
www.homeaid.com

I

Immune Deficiency Foundation

40 West Chesapeake Ave., Suite 308
Towson, MD 21204
(800) 296-4433 / Fax (410) 321-9165
www.primaryimmune.org

IVAX Corp./Wakefield Pharmaceuticals

4400 Biscayne Blvd.
Miami, FL 33137
(800) 347 4774
(305) 575-6000 / (678) 339-0079
www.ivax.com

J

JayJo Books

135 Dupont St., P.O.Box 760
Plainview, NY 11803
(800) 999-6884 / Fax (678) 339-0079
www.ivax.com

K

KidsMed

211 W. Chicago, Suite 214
Hindale, IL 60521
(800) 241-8338 / Fax (630) 734-1891
www.kidsmedco.com

M

Medeva Pharmaceuticals, Inc.

P.O.Box 31766
Rochester, NY 14603
(888) 9MEDEVA (963-3382)

Merck & Co., Inc.

P.O.Box 4
(800) 672-6372 / Fax (800) 637-2568
www.merck.ocm

Muro Pharmaceutical, Inc. and ASTA Medical Company

890 East Street; Tewksbury, MA 08176
(978) 851-5981 / Fax [7346]
www.muroparm.com

(CON'T) CONSUMER INFORMATION

N

National Air Duct Cleaners Association

1518 K St. NW, Suite 503
(202) 737-2926 / Fax (202) 347-8847
www.nadca.com

National Allergy Supply, Inc.

1620 Satellite Blvd., Suite D
Duluth, GA 30097
(800)522-1448
(770) 623-3237 / Fax [5568]
www.nationalallergy.com

Novartis Ophthalmics

11695 John's Creek Pkwy.
Duluth, GA 30097
(866) 393-6336 TollFree / Fax(770) 905-1234
www.novarisophthalmics.com

Novartis Pharmaceuticals Corporation

59 Route 10
East Hanover, NJ 07936
(888) NOW-NOVARTIS (669-6682) TollFree
www.novartis.com

P

PARI Respiratory Equipment, Inc.

3 Justin Ct.; Monterey, CA 93940
(800)FAST-NEB (328-8632) TollFree
(831) 658-0901 / Fax (831) 647-1462
www.pari.com

Pfizer, Inc.

1855 Shelby Oaks Dr., N.
Memphis, TN 38134
(800) 533-4535
www.pfizer.com

Q

Quality Air Care

5761 E. La Palma Ave., Suite 308
Anaheim Hills, CA 92807
(714) 921-9722 / Fax [9008]
www.qualityaircare.ocm

(CON'T) CONSUMER INFORMATION

R

Roxane Laboratories, Inc.

1809 Wilson Rd.
Columbus, OH 43228
(800) 962-8364
www.roxane.com

S

Schering-Plough Corporation

2000 Galloping Hill Rd.
Kenilworth, NJ 07033
(800) 222-75-79
(908) 298-4000 / Fax (908) 820-6400
www.spg.com

T

Therma-Stor Products

P.O.Box 8050; Madison, WI 53708
(800) 533-7533
(608) 222-5301 / Fax [1447]
www.thermastor.com

W

Wyeth-Ayerst Pharmaceuticals

P.O. Box 8299; Philadelphia, RA 19101
(800) 934-5556 / Phone (610) 688-4400
www.wyeth.com

3M Pharmaceuticals

3M Center, Bldg. #275 -3W-01
St. Paul, MN 55144
(800) 428-6397
www.3M.com/QVAR

NOTES: